		Jun 21, 2012					Aug 7, 2012							Aug 14, 2012							Sep 19, 2012						
LAST	FIRST	1	2	3	AVG	5k Indication	1	2	3	4	5	AVG	5k Indication	1	2	3	4	5	AVG	5k Indication	1	2	3	4	5	AVG	5k Indication
Bergomi	Eric							17:04				8:32	24:07	8:16	17:15				8:37	24:22	7:34	15:49				7:54	22:20
Bistritz	Joe	6:03	12:47	19:35	6:31	18:26	6:37	13:11	19:43	26:11		6:32	18:28	6:08		18:42	24:54		6:13	17:35	6:00	12:09	18:12	24:20	30:00	6:00	16:58
Borden	Will	7:14	15:06		7:33	21:21			24:50			8:16	23:22	7:37						NT	7:20	15:01	22:45			7:35	21:26
Collins	Tommy						7:54	16:30	24:30			8:10	23:07	7:50	15:58	23:45			7:55	22:23	7:34	15:49				7:54	22:20
Corrigan	Elliot																				7:00	14:04	21:02	28:15		7:03	19:56
Davis	Will						7:54	16:30				8:15	23:20	7:37	15:58	23:45			7:55	22:23	7:34	15:49				7:54	22:20
Di Staulo	David							15:22	23:19			7:46	21:57	6:56	14:07	21:02			7:00	19:47							
Dole	Kevin						7:54	16:18	24:30			8:10	23:07	7:09	15:17	23:15			7:45	21:55	7:34	15:49				7:54	22:20
Ganger	Drew	6:38	13:49		6:54	19:30		14:03	21:13	26:20		6:35	18:37								6:47	13:53	20:26	27:10		6:47	19:11
Ganger	John	6:26	13:14	19:52	6:37	18:44		14:03	21:13	26:20		6:35	18:37								6:11	12:44	18:54	25:06	30:52	6:10	17:26
Girouard	Peter	7:22	14:58		7:29	21:09		16:30				8:15	23:20	7:07	14:38	22:46			7:35	21:26	7:02	13:55	21:01	28:07		7:01	19:50
Karyo	Jack	6:26	13:14	19:49	6:36	18:40	6:37	13:11	19:43	26:35		6:38	18:45	6:09	12:30	18:54	25:27		6:21	17:57	6:11	12:44	18:54	25:06	30:50	6:10	17:26
Kohn	Matt						9:10	19:40				9:50	27:49	7:54	16:47	23:42			7:54	22:20	8:46					8:46	24:47
LaMonica	Eammon	7:14	15:06		7:33	21:21		14:33	21:26			7:08	20:12	6:37	12:52	21:02	28:15		7:03	19:56							
Lane	William													7:29	15:43		26:43		6:40	18:51							
Mitchell	Conrad							13:50	20:28	26:32		6:38	18:45	6:28	13:26	20:39	28:02		7:00	19:47	6:47	13:53	20:24	27:10		6:47	19:11
Newbauer	Ross						6:56	14:20	21:55			7:18	20:38	7:07	14:31	22:04	29:41		7:25	20:58							
Postlethwaite	Craig							15:22	23:19			7:46	21:57	7:37	15:09				7:34	21:23							
Rose	Michael	6:03	13:00	19:35	6:31	18:26	6:37	13:11	19:43	26:11		6:32	18:28	6:08	12:28	18:32	25:19		6:19	17:52	6:11	12:41	18:54	24:56	30:28	6:05	17:12
Rust	Mark								21:28	28:02		7:00	19:45	6:10	12:32	19:12	26:03		6:30	18:23							
Sampsel	Eric	6:03	13:00	19:35	6:31	18:26	6:37	13:11	19:43	26:11		6:32	18:28	6:06	12:28		25:17		6:19	17:52	6:11	12:41	18:54	24:56	30:28	6:05	17:12
Shall	Max													8:37	17:44		28:26		7:06	20:04	8:50					NT	
Sitzwohl	Dan						7:54	16:13	23:54			7:58	22:32		15:43				7:51	22:12	7:00	14:04	21:02	28:15		7:03	19:56
Skiljan	Nick						7:54	16:30	24:30			8:10	23:07	7:58		23:40			7:53	22:17	7:34	15:49				7:54	22:20
Sooy	Brett													8:33	17:15	26:07			8:42	24:36	8:04	16:05				8:02	22:43
Stapulionis	Nate	5:58	12:17	18:27	6:09	17:23	6:08	12:15	18:24	24:31	30:24	6:04	17:09	5:58	12:18	18:24	24:54		6:13	17:35	6:00	12:09	18:12	24:20	6:00	6:00	16:58
Thompson	Tyler																				8:04	16:05	23:37	30:30		7:37	21:32
Wynveen	Blake						6:56	17:03	21:20	28:47		7:11	20:18	6:16	12:46	19:33	26:39		6:39	18:48	6:47	13:53	20:24	27:10		6:47	19:11
29																											

LAST	FIRST	1	2	3	AVG	5k Indication	1	2	3	4	5	AVG	5k Indication	1	2	3	4	5	AVG	5k Indication	1	2	3	4	5	AVG	5k Indication
Allen	Emma						7:06	14:33	21:32	29:00		7:15	20:30	7:37	15:43	23:45			7:55	22:23	7:15	15:01	22:40	30:21		7:35	21:26
Barcelo	Claire	7:03	14:10		7:09	20:12	6:56	14:00	20:55	27:33		6:53	19:28	7:01	14:06	21:00	28:13		7:03	19:56	7:02	14:04	20:55	28:02		7:00	19:47
Bryan	Annie						9:10	18:37	28:13			9:24	26:35	8:30	17:24	26:16			8:45	24:44	8:45	18:00	26:38			8:52	25:05
Cantlay	Megg						6:56	15:56	24:20			8:06	22:54	7:03	14:20	21:55	29:51		7:27	21:04	7:02	14:04	20:55			6:58	19:42
Cantlay	Cate							18:27				9:13	26:05	7:03	14:18	25:45			8:35	24:16	8:55	18:00	26:38			8:52	25:05
Cullen	Hanley						9:10	19:03	29:00			9:40	27:20								9:32	19:46	30:43			10:14	
DeFoy	Christine	8:18			NA			18:37	28:13			9:24	26:35	8:51						NT		18:06	27:34			9:11	25:58
Deruytter	Natane						7:53	16:05				8:02	22:43	7:37	16:06	24:20			8:06	22:54							
Dustin	Allie	7:03	14:10		7:09	20:12								7:02	14:15	21:25	28:26		7:06	20:04	7:02	14:04	21:04	28:02		7:00	19:47
Girouard	Kate	7:25	14:55		7:27	21:04	7:06	14:33	21:47	29:00		7:15	20:30	7:37	14:56	22:47			7:35	21:26	7:11	14:40	21:57	29:41		7:25	20:58
Hauserman	Liv						7:56	16:54	25:51			8:37	24:22	7:55	16:31	25:00			8:20	23:33	8:04	15:59	23:31	31:45		7:56	22:26
Hopkins	Molly						9:54																				
Klug	Natalie							18:37				9:18	26:18	8:35		28:40				27:00	8:55	17:51	26:31			8:50	24:58
Lang	Lauren						8:35	17:04	25:22			8:27	23:55	7:55	15:58	23:46			7:55	22:23	8:04	15:59	23:36	31:17		7:49	22:06
Loomis	Emily													8:26	16:57	25:45			8:35	24:16	8:24	16:58	25:32			8:30	24:02
Loomis	Hannah													9:47	20:42				10:21	29:15	9:20	18:27				9:13	26:04
Mackin	Kate						8:54	17:16	25:51			8:37	24:22	8:30	17:24	26:16			8:45	24:44	8:45	18:00	26:38			8:52	25:05
Mayer	Gabby						9:54					9:54	27:59	8:53						NT	11:06					11:06	31:46
McCormack	Katie																				9:32	19:46	30:42			10:14	28:56
Morgan	Kate						7:56	16:54	25:51			8:37	24:22	7:55	16:31	25:28			8:29	23:59	8:45	17:51	26:31			8:50	24:58
Moyse	Anne	7:15	14:38		7:19	20:41	6:58	14:33	25:50	29:07		7:16	20:33	7:08	14:23	21:25	28:35		7:08	20:10	7:15	15:15	23:21	31:34		7:53	22:17
Nafziger	Meggie	8:38	17:46		8:53	25:07	9:05	18:37	27:00			9:00	25:27	8:31	17:04	25:14			8:24	23:45							
Nazelli	Lena							16:05	25:50			8:36	24:20	7:37	16:06	24:20			8:06	22:54	8:24	16:58	25:32			8:30	24:02
O'Neil	Kathryn	7:03	14:41		7:20	20:44	7:38	16:05	23:40			7:53	22:17														
O'Toole	Shannon													9:55	21:00				10:30	29:41	11:14					11:14	31:46
Staley	Abby						7:38	18:37				9:18	26:18	7:55	17:05	26:16			8:45	24:44	9:32	19:46	30:42			10:14	28:56
Thomas	Katie						11:57					11:57	33:47														
Thombs	Emma						9:47	21:13				10:36	29:58	9:15	18:31				9:15	26:09							
Peterson	Caroline						9:10	19:56				9:58	28:10	9:30	18:56				9:23	26:31	9:20	18:27				9:13	26:04
Walker	Jessica						6:56	14:14	21:38	28:59		7:15	20:30	7:07	14:23	21:25	28:35		7:08	20:10	7:03	14:35	21:30	28:29		7:07	20:07
Weber	Anna							18:37	28:45			9:35	27:06	8:30	17:24	25:45			8:35	24:16	8:55	18:00	26:38			8:52	25:05
Williams	Jenna														17:40	26:31			8:50	24:58	9:20	18:27	27:15			9:05	25:42
32																											
									1 week of improvement																		
61 Total									2 weeks of improvement																		